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FEATURES

• Hassle-Free Electric Convection Oven Cooker
• Ability to Cook, Bake, Grill, Steam Broil, Roast & Air-Fry!
• Built-in Fan Circulates Air for Effective & Even Cooking
• Super-High Temperature Food Prep for Moist & Savory Meals
• Smart Meal Prep: Healthy Cooking without Adding Any Extra Oil
• Lab Tested to Prepare Meals Faster than Conventional Ovens
• Cooks Thoroughly & Retains Flavor for All Inserted Ingredients
• Temperature & Time-Setting Adjustable
• Large Capacity, Extra Wide Cooking Glass Bowl
• Removable Heating Oven Top Lid
• High-Powered Heating Element
• Convenient Tabletop Design
• Stain-Resistant & Heat-Resistant
• LCD Display with Touch Button Controls
• Safe for Placement on Any Counter / Tabletop
• Perfect for Meats, Steak, Pork, Chicken, Vegetables & More!
SAFETY NOTICES

READ ALL INSTRUCTIONS BEFORE USING

When using electrical appliance, basic safety notices should be followed, including the following:

• Read all the instructions and keep in a safe place for the future reference.
• Do not touch hot surfaces. Use Tongs (10) provided to lift racks or oven gloves when removing hot containers.
• To protect from electrical shock, never immerse Power Cord (6), plug or Lid- Motor Black (2) into water or any other liquid.
• Close supervision is necessary when appliances are used by or near children or infirmed persons.
• Children should be supervised to ensure that they do not play with the appliance.
• Unplug from outlet when not in use. Unplug before putting on or taking off parts.
• Always unplug by grasping the plug, do not pull on the power cord (6).
• Do not operate any appliance with a damaged Cord (6) or plug, or after the appliance malfunctions or if it has been damaged in any manner. Refer to a qualified person for examination, repair or adjustment.
• The use of the accessory attachments other than those supplied with the appliances is not recommended by the manufacturer as it may cause injuries.
• Do not use outdoors. This appliance is for indoor household use only.
• Do not let the Cord (6) hang over edge of table or counter or touch hot surfaces.
• Do not place on or near a hot gas or electric burner, or on a heater oven.
• Extreme caution must be used when moving an appliance containing hot foods, water or other hot liquids.
• Do not use the appliance for anything other than its intended use.
• Do not use steel wool or any abrasive scourers to clean the appliance as they will damage the surface.

CONVECTION OVEN COOKING

Using circulating air, the convection oven cooks food quickly, efficiently and uses much less energy than conventional cooking methods. Another benefit is reduced clean up time. Because it can cook on more than one level, the convection oven will cook dishes that would normally require numerous pots and pans to wash. In fact, one of the many features of the convection oven is that it helps to clean itself! The hot air method of cooking ensures an even distribution of heat around the food. One of the effects of this is that surface of meat etc. is quickly sealed so it retains much of the succulence of original flavor that is often lost with the conventional methods.

There are very few dishes that need fat to assist in the cooking process when cooked in the convection oven. Less fat in cooking is always healthier.
A: LCD Display
B: Temperature Setting
C: Cooking Time/ 24 Hours delaying cooking start time adjusting button
D: Menu for cooking different of Food: (Chicken, Fish, Shrimp, Cake, Pizza
E: Start Button
F: Turbo Function
G: Self Clean Function
H: Cool Dry Button
I: Heat Dry
J: 24 Hour delaying cooking setting button
K: Fan Speed setting Key: Low, Mid and High
L: Cancel Button
M: Cooking Time Setting Button
N: Sterilize Button
APPLIANCE USE

**IMPORTANT**

*If you need to remove the lid during the cooking process, lifting the lid will stop the heater and the turbo fan while you attend to the dish. Simply replace the lid and place it in the down position to resume cooking.*

1. Plug the appliance into the wall outlet and press down the on/off switch. The LCD display will turn on.

2. Set the cooking time and temperature using one of the following methods:
   a. Adjust time (0-120 min), by pressing “+” or “-” Knobs (F)
   b. Adjust temperature (122-482F), by pressing temperature setting button (D)
   c. Adjust Fan Speed by Pressing Fan Speed Key (K)
   d. If you want to reset the cooking time and temperature, press Cancel Button (F)
   e. A special Feature:

   With this appliance you can delay the cooking time up to 24 hours. To set a delayed cooking time, you can press the Program Button, and the ⌚️ symbol will flash on LCD display, now you can set delayed time with the + and - buttons (C).

   If you want to set the cooking time, you can press Timer Button (M) again. The ⌚️ symbol will begin flashing on the display. Now you can set the cooking time with the + and - buttons (C).

3. Press the Start button (E).

   The heating elements may go off before the set time is up. This means that the desired temperature has been reached. However, the heat circulation system would keep running until time is completely over.

4. When the time is over (0:00), there will be a signal. Unplug the appliance and lift up the Lid, and be careful not to burn yourself. Before the set up time is over, user can pause the operation by simply lifting the lid and resume cooking by closing it.

5. To cancel the cooking operation before the time is up, press the CANCEL button, then lift the lid and unplug.

6. There are also one-touch settings for easy use. Refer to page 10 for PRESET functions:

**THAWING FOOD**

The convection oven will thaw most foods. Simply place onto one of the wire Racks, set the Thermostat to THAW and allow approximately 40 minutes per 1 kg. Large items like meat joins should be turned at least once during the thawing process. Any liquids or juices from thawed food should be thoroughly cleaned from the Bowl before cooking.
FROZEN FOOD
Large items like meat joints or poultry cannot be cooked frozen and must be thawed thoroughly first. However, some foods cook best frozen. Simply follow the cooking instructions on the packaging as a guideline. It is often the case that cooking time is shorter in the convection oven as it’s more efficient than a conventional oven.

TOASTING
You can toast almost anything in the convection oven: bread, bagels, pizza, crumpets etc. For better results use the High Rack and set temperature to 428-446 F depending upon your preference. It is unlikely that the item you are toasting will need to be turned over halfway through cooking. The hot circulation air will usually toast both sides at once.

GRILLING
As with toasting, items to be grilled should be placed on the High Rack and should be between 428-464 F. When deciding the best temperature setting to use, consider the thickness of the food. A 3 cm thick steak would require a lower temperature and longer cooking time than a 1 cm thick steak. Also remember that frozen food like burgers need a longer cooking time. You may wish to turn the food halfway through the grilling process to ensure even coloring.

BAKING AND STEAMING
The temperature for cooking of uncovered dishes is usually 68 to 104 F lower than in the traditional oven. No pre-heating is necessary in convection oven when baking. Ordinarily, the centre of a cake batter will be moist, while the section closest to rim of the baking pan will be done first. For this reason, a bunt cake pan or tube pan is better to use than the larger layered cake pans.

SUGGESTED BAKING TIMES AND TEMPERATURES FOR CONVECTION ROASTER

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE (F)</th>
<th>MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brownies</td>
<td>300</td>
<td>18-20</td>
</tr>
<tr>
<td>Buns</td>
<td>390</td>
<td>10-12</td>
</tr>
<tr>
<td>Cakes, Layer</td>
<td>300</td>
<td>18-20</td>
</tr>
<tr>
<td>Cakes, Loaf</td>
<td>300</td>
<td>30-35</td>
</tr>
<tr>
<td>Cornbread</td>
<td>356</td>
<td>18-20</td>
</tr>
<tr>
<td>Cookies: Drop</td>
<td>320</td>
<td>8-10</td>
</tr>
<tr>
<td>Cookies: Rolled</td>
<td>320</td>
<td>10-12</td>
</tr>
<tr>
<td>Muffins</td>
<td>356</td>
<td>12-15</td>
</tr>
<tr>
<td>Pies/pastries/pie crust</td>
<td>390</td>
<td>8-10</td>
</tr>
<tr>
<td>With filling (no top crust)</td>
<td>320</td>
<td>25-30</td>
</tr>
<tr>
<td>With filling (two crusts)</td>
<td>356</td>
<td>35-40</td>
</tr>
<tr>
<td>Breads, rolls</td>
<td>356</td>
<td>12-15</td>
</tr>
<tr>
<td>Loaf</td>
<td>320</td>
<td>25-30</td>
</tr>
</tbody>
</table>

* The process of cooking and cooking time may vary, depending on depth and size of mixture or preparing dish.
GRILLING AND BROILING

For broiling or grilling with a convection oven, the temperature should be set between 428-480 F. No pre-heating is necessary in the convection oven when baking. Food should be placed on the rack without covering. To bring the food closer to source of the heating air, the High Rack should be used. Add hickory liquid smoke or mesquite to get a smoky flavor. Any seasonings should be applied to the surface of the meat.

If the fish or meat is lean, spray the rack or grill with non-stick vegetable oil, or brush with cooking oil prior to arranging the fish/meat on the grill. This will minimize food sticking to the grill.

For browner or more seared surfaces, broil on both sides as with thick stocks or steaks. For thinner pieces, no turning is necessary.

ROASTING

Lining the bottom of the Bowl with aluminum foil (leaving an inch of rim) will catch drippings if desired. To let hot air freely circulate, use the low Rack. The propelled hot air cooks meat evenly and seals in the juice, so turning and basting is not necessary. A meat thermometer is recommended. However, if one isn't handy, go by the time temperature table given here (see page 9), or follow the chart given for conventional ovens and subtract 77F.

ROAST WHOLE CHICKEN

Rinse chicken thoroughly and add desired seasonings. Spices such as garlic, black pepper and salt are suggested. Before roasting, allow seasonings to penetrate for a few hours. The base of the Bowl can be lined with aluminum foil to catch drippings. Roast for approximately 30 minutes per 1 kg at 390F.

WHOLE ROASTS

With the fatty portion facing upward, place meat directly on low rack. Apply seasoning to your tastes. Insert meat thermometer. Temperature for roasting is usually 77F less than for regular or conventional roasting. Cooking time depends on type and size of roast.

CAKES

Pre-heat the oven to 428-446 F for 3 minutes. When selecting an appropriate cake tin to use, be sure that it will fit comfortably in the Bowl. Always place the cake tin on the Low Rack - never directly onto the bottom of the Bowl. When using the recipes from elsewhere, subtract 50 F from the recommended cooking temperature. Cooking time depends entirely upon the size of cake you are making but it is easy to monitor its progress with the see-through glass Bowl.

BISCUITS AND PASTRIES

You may use your own special frying pan (please make sure the frying pan is allowed to be used in the ovens like this!) and place it on the Low Rack. Don’t forget to lightly grease the pan you are going to use first. The best temperature for biscuits and pastries is 428-446 F. Cooking times various but is generally 12-15 minutes for biscuits.
PIES
Pre-cooked (unfrozen) pies could not be easier. Place on High Rack and cook for 8-12 minutes at 428°F. Frozen or uncooked pies use the same position and temperature, but increase the cooking time usually to 20-25 minutes. This can vary depending on the size and content of the pie.

EGGS
Hard or soft-boiled eggs are unbelievably easy in the convection oven. For starters, there is no boiling involved! Simply place up to 6 eggs into the pan and put the pan on the High Rack and set the temperature to 390°F, set the timer to 6 minutes for soft-boiled or 10 minutes for hard-boiled. Always use tongs to carefully remove the eggs after cooking.

BREAD ROLLS
To reheat fresh bread rolls, wrap each roll with foil, place on the Low Rack and heat at 390°F for 5-7 minutes. If the rolls are a few days old they can be refreshed by brushing them with a little milk, placing them on the High Rack, and heating for 6-9 minutes at 356°F.

COOKING WITH THE EXTENSION RING
If you need to cook something of a larger size (whole chicken, turkey, stuffed turkey, etc.) you can put the Extension Ring on the top of the Bowl. The extension ring gives extra volume you may need for cooking.

Note: Make sure you properly attach the Extension Ring (13)!
**TIME AND TEMPERATURE FOR VARIOUS FOODS**

*Reference Table*

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE (F)</th>
<th>QUANTITY</th>
<th>MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Chicken</td>
<td>390</td>
<td>2 1/4 kg</td>
<td>7-075</td>
</tr>
<tr>
<td>Drumsticks</td>
<td>390</td>
<td>8 Pieces</td>
<td>15</td>
</tr>
<tr>
<td>Fish</td>
<td>480</td>
<td>10 Pieces</td>
<td>7-8</td>
</tr>
<tr>
<td>Clam</td>
<td>390</td>
<td>500 g</td>
<td>5-7</td>
</tr>
<tr>
<td>Shrimps</td>
<td>480</td>
<td>500 g</td>
<td>5</td>
</tr>
<tr>
<td>Corn</td>
<td>480</td>
<td>4 Pieces</td>
<td>10</td>
</tr>
<tr>
<td>Cake</td>
<td>300</td>
<td>1 Case</td>
<td>20</td>
</tr>
<tr>
<td>Potato</td>
<td>480</td>
<td>500 g</td>
<td>25</td>
</tr>
<tr>
<td>Red Prawn</td>
<td>480</td>
<td>4 Pieces</td>
<td>15</td>
</tr>
<tr>
<td>Crab Meat</td>
<td>480</td>
<td>500 g</td>
<td>10</td>
</tr>
</tbody>
</table>

For meats weighing from 2.2 - 3.3 Lbs, set temperature at 390 F and cook for the following (approximate) times.

<table>
<thead>
<tr>
<th>TYPE OF MEAT</th>
<th>MINUTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Boneless, Whole roast</td>
<td>Rare: 15-20</td>
</tr>
<tr>
<td></td>
<td>Medium: 20-25</td>
</tr>
<tr>
<td></td>
<td>Well done: 25-30</td>
</tr>
<tr>
<td>Beef, Rib Roast, Rump or Chuck</td>
<td>Rare: 15-20</td>
</tr>
<tr>
<td></td>
<td>Medium: 20-25</td>
</tr>
<tr>
<td></td>
<td>Well done: 25-30</td>
</tr>
<tr>
<td>Ham w/ Bone &amp; Fully Cooked</td>
<td>Medium 12-15</td>
</tr>
<tr>
<td>Pork, Loin (Boneless)</td>
<td>Well done: 20-25</td>
</tr>
<tr>
<td>Loin w/ Bone</td>
<td>Well done: 25-30</td>
</tr>
</tbody>
</table>

*Remember* - all times are guideline only. Times may vary depending on the time of cooking, temperature selected and your individual preferences.
**PRESETS**

Menu *(Chicken, Fish, Shrimp, Cake, Pizza)*:
Press the **MENU** button to cycle through the various food settings in the order noted above. For example press once for **CHICKEN**, pressing again will be **FISH**, then **CAKE**, and finally **PIZZA**.

<table>
<thead>
<tr>
<th>FUNCTION</th>
<th>TEMP</th>
<th>TIME</th>
<th>FAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>482F</td>
<td>60 Mins</td>
<td>High</td>
</tr>
<tr>
<td>Fish</td>
<td>392F</td>
<td>13 Mins</td>
<td>High</td>
</tr>
<tr>
<td>Shrimp</td>
<td>464F</td>
<td>10 mins</td>
<td>Mid</td>
</tr>
<tr>
<td>Cake</td>
<td>392F</td>
<td>20 mins</td>
<td>Mid</td>
</tr>
<tr>
<td>Pizza</td>
<td>482F</td>
<td>5 mins</td>
<td>Mid</td>
</tr>
<tr>
<td>Cool Dry</td>
<td>32F</td>
<td>30 mins</td>
<td>Mid</td>
</tr>
<tr>
<td>Heat Dry</td>
<td>194F</td>
<td>60 mins</td>
<td>Mid</td>
</tr>
<tr>
<td>Clean</td>
<td>482F</td>
<td>10 mins</td>
<td>High</td>
</tr>
<tr>
<td>Sterilize</td>
<td>266F</td>
<td>15 mins</td>
<td>High</td>
</tr>
<tr>
<td>Turbo</td>
<td>482F</td>
<td>10 mins</td>
<td>High</td>
</tr>
</tbody>
</table>
CLEANING

TO USE THE APPLIANCE’S AUTO CLEAN FUNCTION:

- Set the Thermostat to the THAW/WASH position, add a little detergent and set the timer for about 10 minutes. The unit will heat up for 1-2 minutes and then swirl the water around to clean the pot. Rinse the pot when the process is complete.
- NEVER immerse the lid in water or any other liquid. To clean the lid, wipe with a soft damp cloth only. Use mild detergent if necessary.

NOTE: This appliance is to be stored and used under the following conditions:

- Temperature should be above 41º Fahrenheit
- Relative humidity lower than 80%
- No harsh impurities in the air.

SPECIFICATIONS

Cooker: Halogen Lamp Convection
Heating Element Power: 1300 Watt
Food Capacity: 18+ Quarts
Max. Time Setting: Up to 480 Minutes
Power Cable Length: 2.6' Ft.
Power: 120V
Size (L x W x H): 16.5" x 13.8" x 12.6"
Weight: 12.46 lbs.
Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.